

DC Department of Behavioral Health Wellness Wednesday/Support for Parents

March 2021 – "Getting Ready to Spring Forward"

Date	Workshop Topic	Time	Weekly Series Topics Include
MAR. 3	Adjustment to the Unknown	5:30 PM	Relationships
MAR.10	Knowledge is POWER	5:30PM	Resiliency
MAR.17	How Culture Supports Strengths & Resiliency	5:30 PM	Self Care
MAR.24	Parenting with Patience	5:30 PM	Knowledge
MAR.31	The Positive Face of Anger	5:30PM	Communication

JOIN US USING THIS LINK:

<https://bit.ly/31JpYiv>
Password: WW20

Web Ex Instructions:

Use CHROME - DOWNLOAD Cisco WebEx APP- DISABLE Pop-up Blockers

Link to DBH/Parent Support Program:

<https://dbh.dc.gov/service/parent-support-program> RIGHT-CLICK on Link to "OPEN HYPERLINK"

Join meeting by phone:

Call-in toll number: 1-650-479-3208 Local (Washington D.C.)

1-202-860-2110 Access Code: 172 6204243

